

September National Childhood Obesity Awareness Month

One in 3 children in the United States is overweight or obese. Childhood obesity puts kids at risk for health problems that were once seen only in adults, like type 2 diabetes, high blood pressure, and heart disease.

The good news? Childhood obesity can be prevented. Communities, health professionals, and families can work together to create opportunities for kids to eat healthier and get more active.

Make a difference for kids: Spread the word about strategies for preventing childhood obesity and encourage communities, organizations, families, and individuals to get involved.

How can National Childhood Obesity Awareness Month make a difference?

We can all use this month to raise awareness about the obesity epidemic and show people how they can take steps toward a solution.

Here are just a few ideas:

- Encourage families to make small changes, like keeping fresh fruit within reach or going on a family walk after dinner.
- Motivate teachers and administrators to make schools healthier. Help them provide healthy food options and daily physical activities for students.
- Ask doctors and nurses to be leaders in their communities by supporting programs to prevent childhood obesity.

How can I help spread the word?

We've made it easier for you to make a difference. This toolkit is full of ideas to help you take action today. For example:

- [Add information about obesity prevention to your newsletter.](#)
- [Tweet about National Childhood Obesity Awareness Month.](#)
- [Host a community event where families can be active while learning about local health resources.](#)
- [Become a partner of *We Can!*](#), a national movement to help children ages 8 to 13 stay at a healthy weight.

National Childhood Obesity Awareness Month

September: National Childhood Obesity Awareness Month ([link is external](#))

National Health Information Center. DHHS.

Find out more about National Obesity Awareness Month and how you can help make a difference.

Join America's More Matters Pledge to Fight Obesity ([link is external](#))

Fruits & Veggies More Matters. Produce for Better Health Foundation.

Obesity in America is on the rise, find out what you can do to help by taking a pledge towards a healthier America.

Healthier Kids, Brighter Futures ([link is external](#))

The American College of Sports Medicine.

Get involved in National Childhood Obesity Awareness Month! The Healthy Kids, Brighter Futures websites provides a complete listing of events for the month, links and resources, and a resource toolkit.

Let's Move! ([link is external](#))

The White House; HHS; USDA; ED; DOI.

Help combat childhood obesity by gaining knowledge and by getting up and moving! Let's Move! provides nutrition and physical activity success tips for kids, families, schools, and communities. The site also provides a wealth of fun nutrition and physical related activities that can be incorporated into everyday life.

Nutrition Education

Includes resources that can be use to teach both young children and school aged children about nutrition. Includes games, worksheets, and lesson plans.

[Playbook for Prevention: Food & Exercise \(PDF | 597 KB\) \(link is external\)](#)

Connecticut Commission on Children.

Get active and healthy with the Playbook for Prevention for Food & Exercise. Activity sheets provide suggestions on how parents, youth, schools, and policy leaders can get involved with childhood health and nutrition.

[Preventing Childhood Obesity in Early Care and Education Programs \(link is external\)](#)

American Academy of Pediatrics; American Public Health Association; National Resource Center for Health and Safety in Child Care and Early Education; DHHS. HRSA. Maternal and Child Health Bureau.

National standards describing evidence-based best practices in nutrition, physical activity, and screen time for early care and education programs.

[School Health Guidelines to Promote Healthy Eating and Physical Activity \(PDF | 973 KB\) \(link is external\)](#)

DHHS. Center for Disease Control and Prevention.

Describes ways how schools can promote healthy eating and physical activity.

[We Can! \(link is external\)](#)

DHHS. NIH. National Heart, Lung, and Blood Institute.

Website provides ways to enhance children's activity and nutrition. Gives resources on how to reduce screen time, get active, and eat right.

[Weight Management for Youth \(link is external\)](#)

USDA. NAL. Nutrition.gov.

A resource list describing ways to help take charge of weight issues amongst youth populations.

[What's the Right Weight for Me? \(link is external\)](#)

The Nemours Foundation. KidsHealth for Nemours.

Learn what the correct weight for you is, what contributes to that weight, calculate your BMI, and read tips about how to stay at a healthy weight.

[View all September Features](#)